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**Winter Themes**

- 1) Sessions should be 20% skill work, 80% playing
- 2) Improve individually and as a team, be prepared for spring
- 3) Inspire boys to play and work on their own
- 4) Make it fun so they keep coming back

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## #1) Safety

- 1) Mandatory Equipment: helmet, gloves, elbows, shoulder pads, mouthpiece, sneakers
- 2) Please wear sneakers, the hard “Sport Court” tile surface is made for sneakers
- 3) Equipment sized properly, functioning properly, on properly
- 4) Short sticks only
- 5) “Play the ball” - No contact / no collisions into or toward the boards
- 6) “Easy on the picks” – picks are “legal interference” on the ball, not trying to injury anyone
- 7) “Wrist Shots” no crank shots, no crease cranks, challenge the goalies but don’t pummel them
- 8) “Cross Checks” are legal if they are used properly on defense to push away the defender
- 9) Over aggressive “Cross Checks” that contact the head, back or neck of the opponent are totally illegal
- 10) No dives, no diving shots, the floor is a hard tile surface
- 11) No fights or punches

## #2) Skill Work

- 1) IPT (individual practice time)
- 2) Individually throw the ball into the boards and catch it with no bounces
- 3) Individually throw the ball into the boards and catch it with no bounces
- 4) Individually throw the ball off the floor into the boards and catch it
- 5) Individually roll the ball into the dasher and scoop it
- 6) Partner passing (see Pre-Practice Drills doc)
- 7) Partner passing up and down the floor (see Pre-Practice Drills doc)
- 8) 2 v 1 keep away (see Pre-Practice Drills doc)
- 9) 3 v 2's and other Odd Number Drills (see Competitive Drills doc)

## #3) Controlled Scrimmages

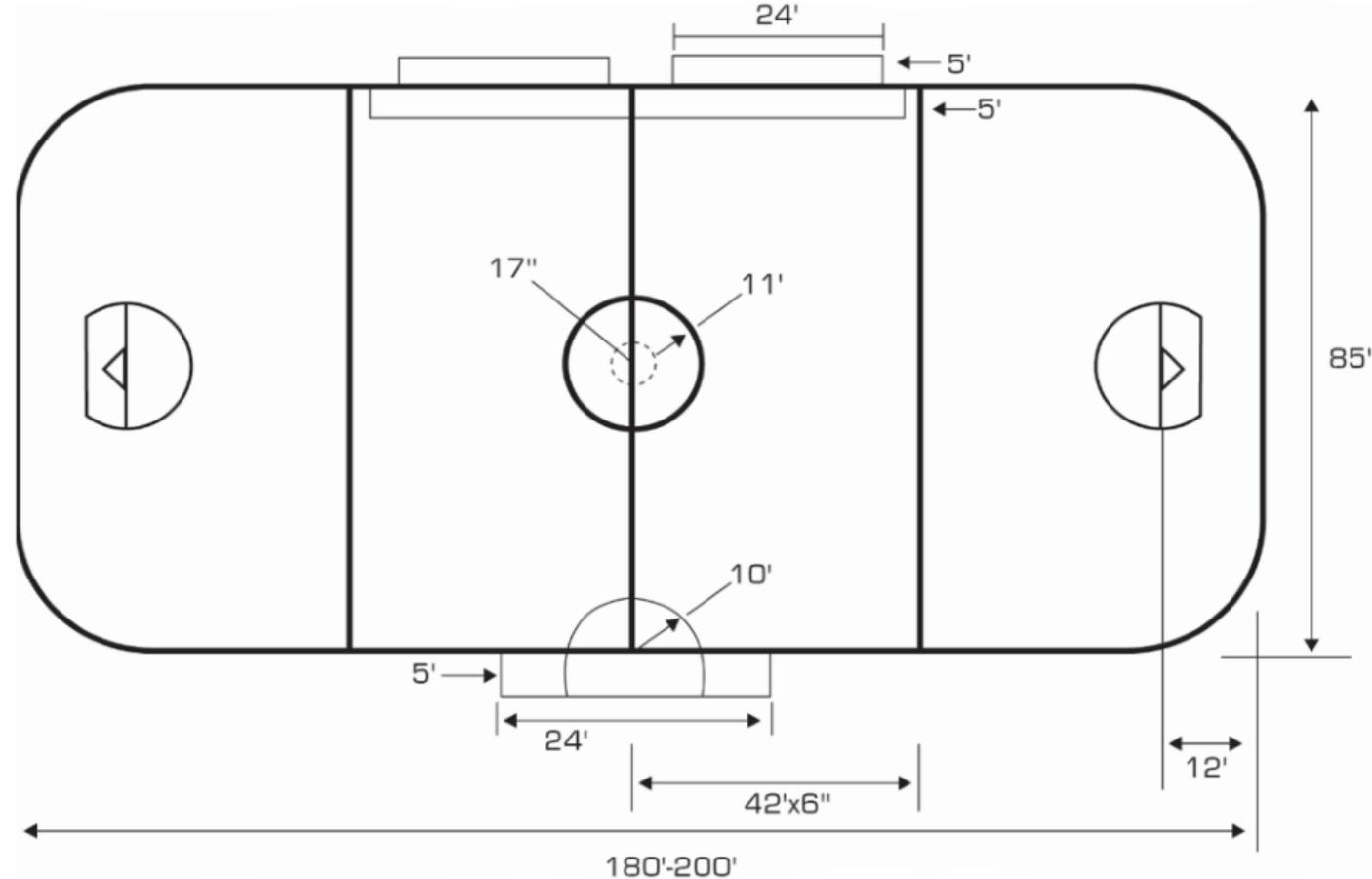
- 1) 4 v 4 full court
- 2) 5 v 5 full court
- 3) 4 v 4 full court
- 4) 5 v 5 take it back
- 5) Scrimmage and add box elements as you go
- 6) Scrimmage and reenact scenarios
- 7) Hippo Scrimmage (players can only hold the ball for 3 seconds)
- 8) Gretzky (see Build Up Drills)
- 9) Cross Rink Micro Game with Tennis balls: last player back jumps in the cage
- 10) Take it Back to the Midline with Tennis balls: last player back jumps in the cage

## #4) Types of Offenses

- 1) Box Lacrosse “4 man” Offense
  - 1) 2 righties and 2 lefties, interchange and exchange
  
- 2) Box Lacrosse “5 man” Offense
  - 1) 3 righties and 2 lefties, interchange and exchange
  
- 3) “5 Out PSC” offense
  - 1) Use any hand, passer can Pick for the ball, Screen away or Cut

## Mesa Box Lacrosse Progression

- 1) Safety
- 2) Skills
- 3) Righties and Lefties
- 4) Pairing up
- 5) Pick Side / Screen Side
- 6) Exchange / Interchange
- 7) Leak and Build the house
- 8) Headman and get it Deep
- 9) Defense
- 10) Shot Clock
- 11) Substitution
- 12) Practice



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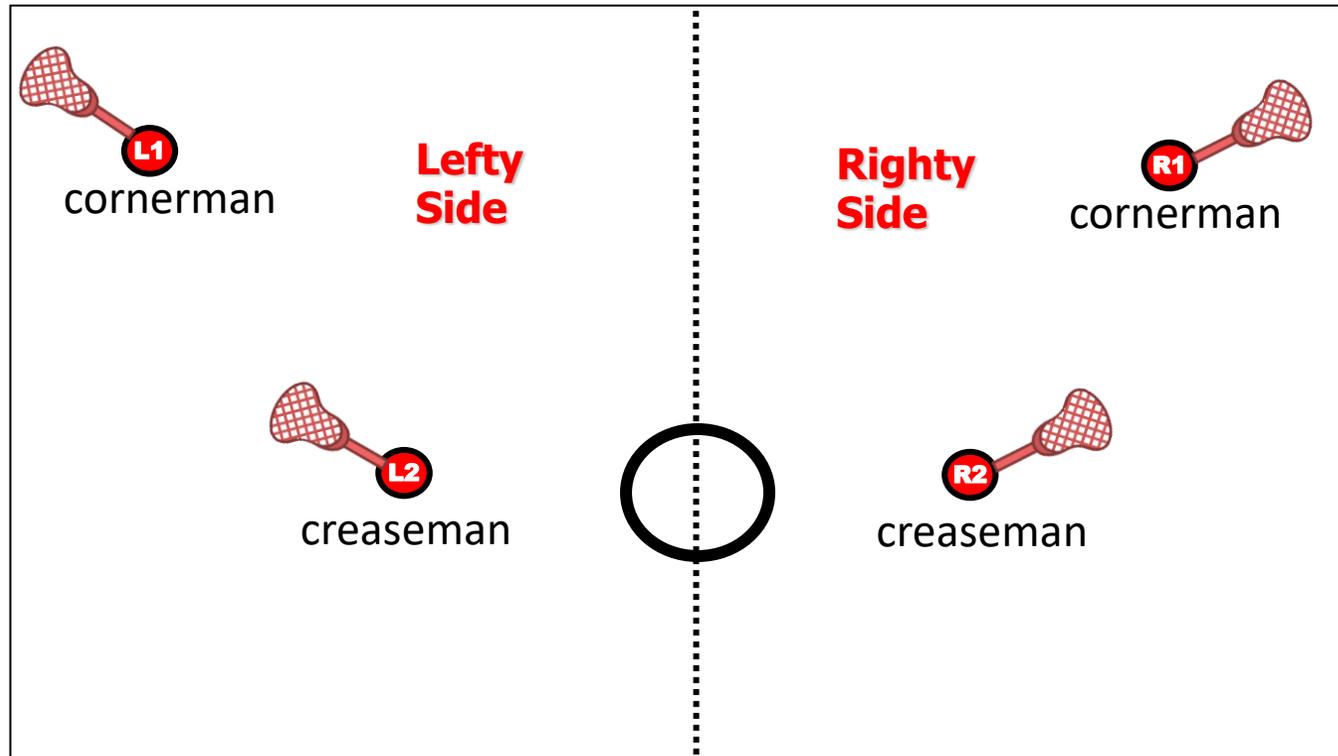
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## #2) Skills

- 1) **“Sticks Up”** stick head is always up and in the box area on offense
- 2) **”Present Your Stick”** ready for a pass, player is mentally alert on offense and ready to receive the ball
- 3) **“Overhand Stick path”** on all passes and most shots, 12 to 6, paint the pipe
- 4) **“Headman Pass” & “Swing Pass”**
- 5) **“Two Hands”** - Keep both hands on your stick on every groundball
- 6) **“Get Your Hand On the Plastic” , “Scoop at Throat”** Top hand on the plastic, bottom hand on the bottom whenever player is: offball on offense, picking, ready to catch, ready to scoop groundball, playing defense
- 7) **“Fight for Space”** Dodging into the middle, get topside, use your strength, use your shoulders, be physical
- 8) **“Stick in the Cylinder”** shooting, stick in the middle, “stick has eyes”
- 9) **“Headman”** Pass is a pass that goes north / south, up the floor
- 10) **“Swing”** pass is a pass that goes east / west, sideways across the floor
- 11) Posture

## #3) Righties and Lefties

- 1) Righties keep stick in right hand; lefties keep stick in left hand
- 2) sticks pointed toward the inside when you are shooting
- 3) Righties stay on the righty side, lefties stay on the lefty side
- 4) Teams will always have at least two players on the floor with their sticks in their left hand.
- 5) Left side will have a creaseman and a corner man
- 6) Right side will have a creaseman and a corner man

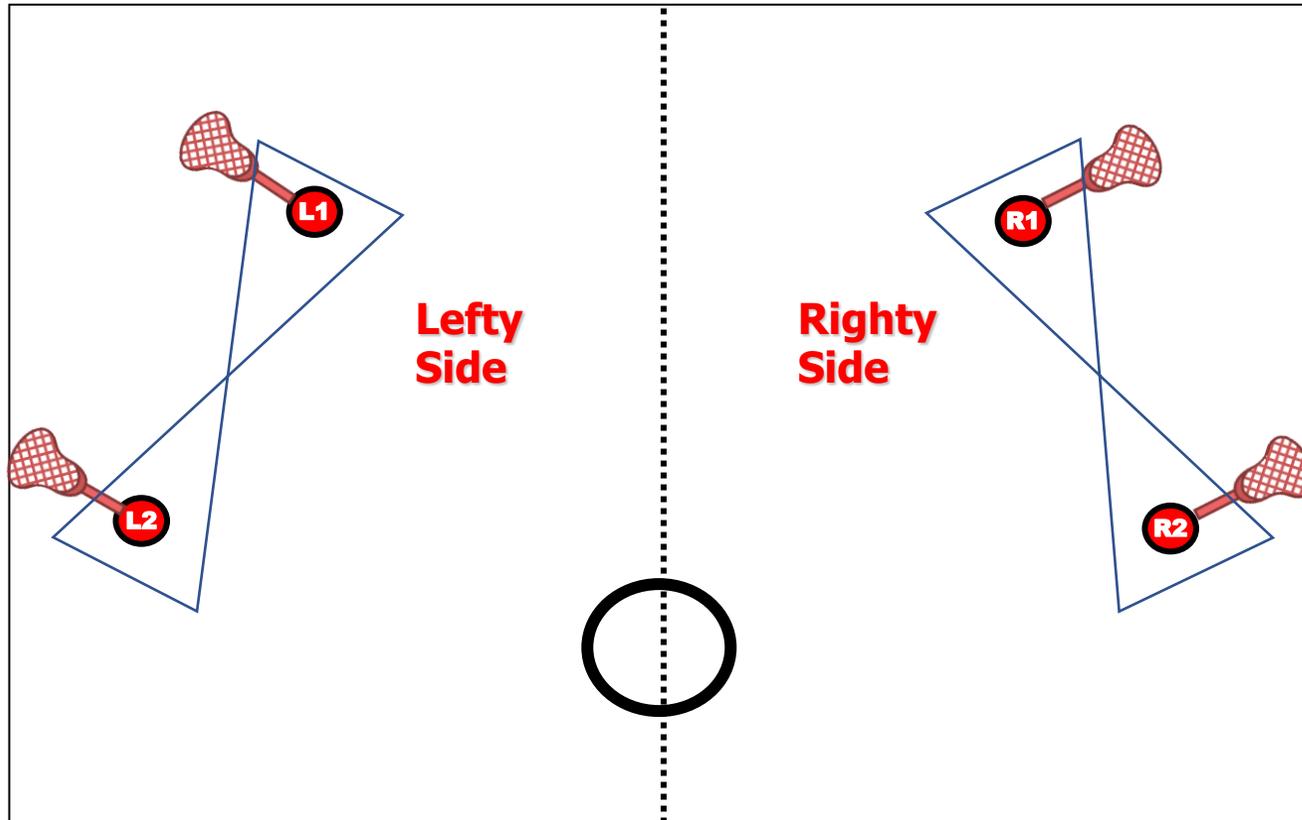


## Righties and Lefties

The most basic rule of offensive indoor lacrosse is that righties stay on the right side and lefties stay on the left side. The ballside will only have two players on it setting up picks and down picks, the picker will roll to the goal.

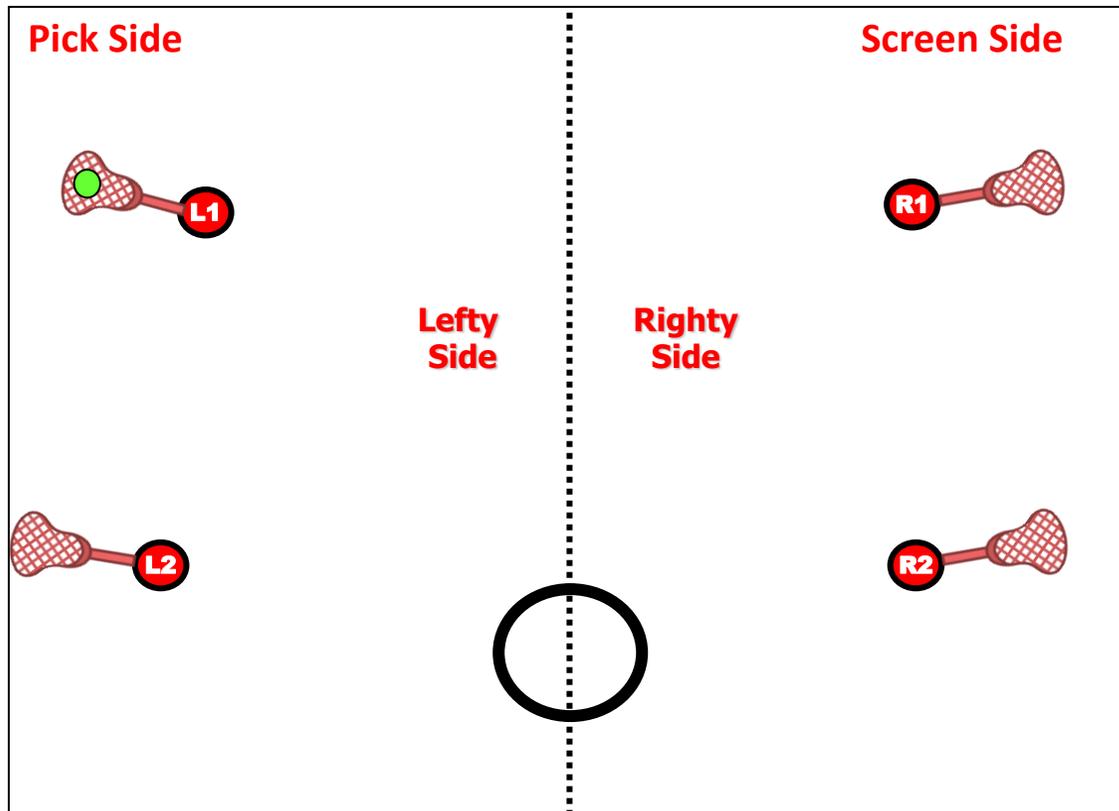
## #4) Pairing up

- 1) The Righty's are tied together in a PAIR
- 2) The Lefty's are tied together in a PAIR
- 3) PAIRS help each other get open
- 4) PAIRS help players with spacing
- 5) PAIRS reduces the defense

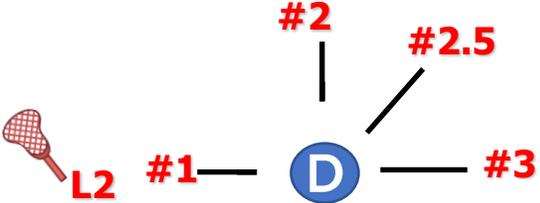


## #5) Pick Side / Screen Side

- 1) The PICK SIDE is the side that the ball is on
- 2) The SCREEN SIDE is the side without the ball
- 3) The PICK SIDE is trying to PICK and DODGE
- 4) The SCREEN SIDE players must OCCUPY their defenders so they can't slide

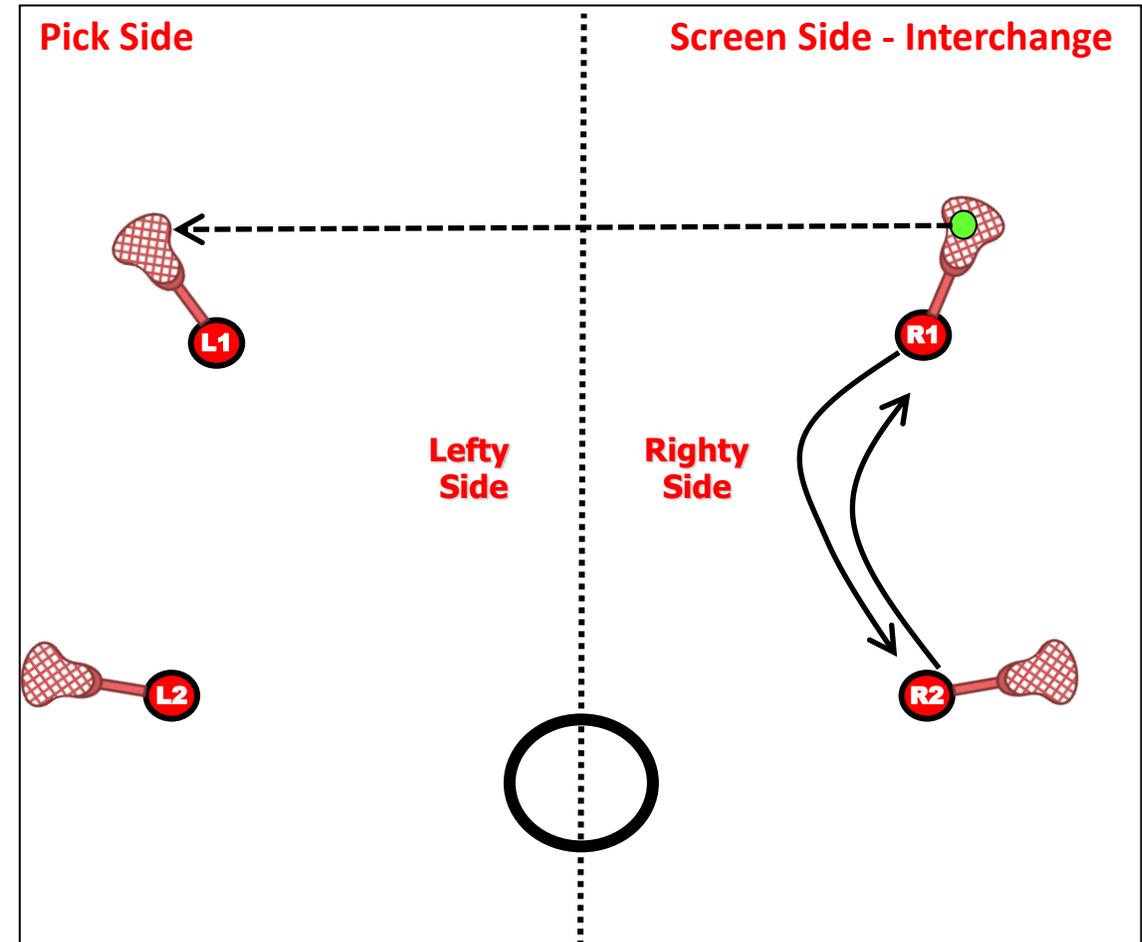
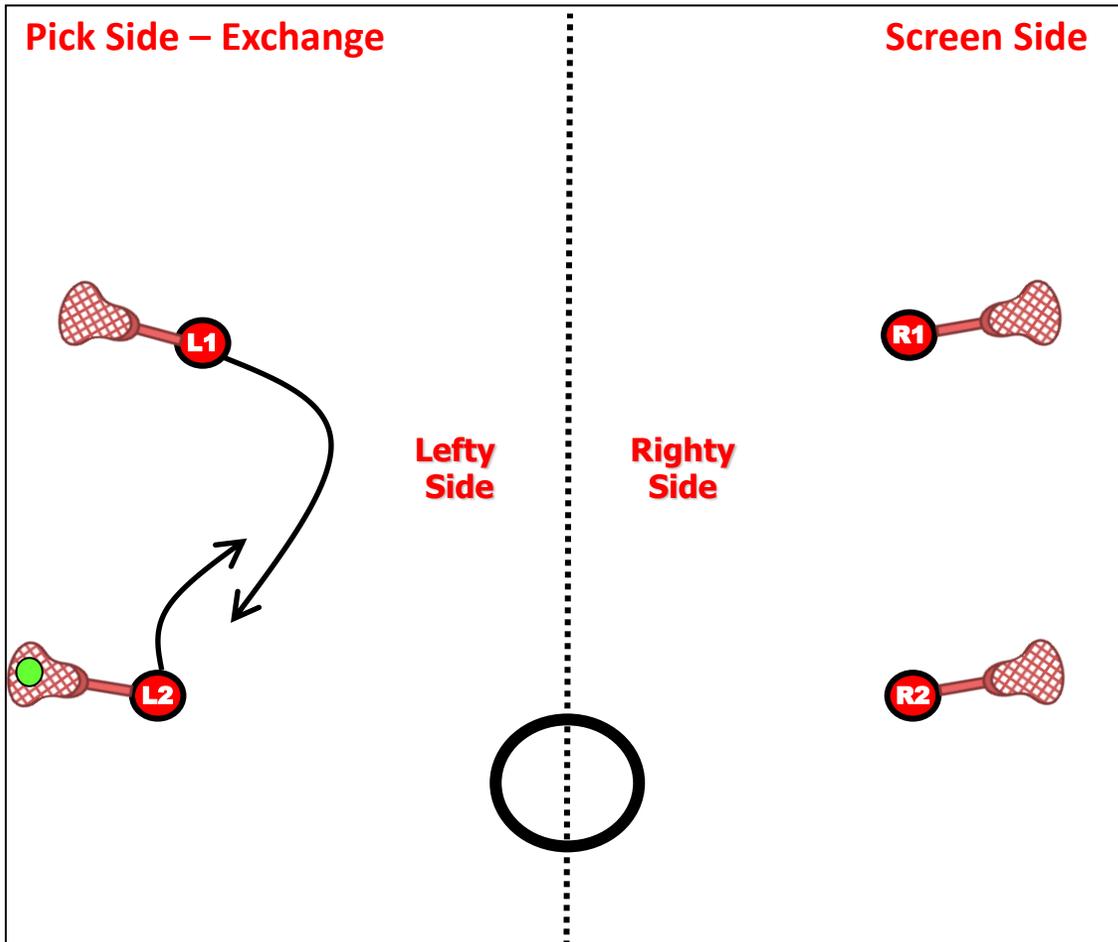


# Pick Position



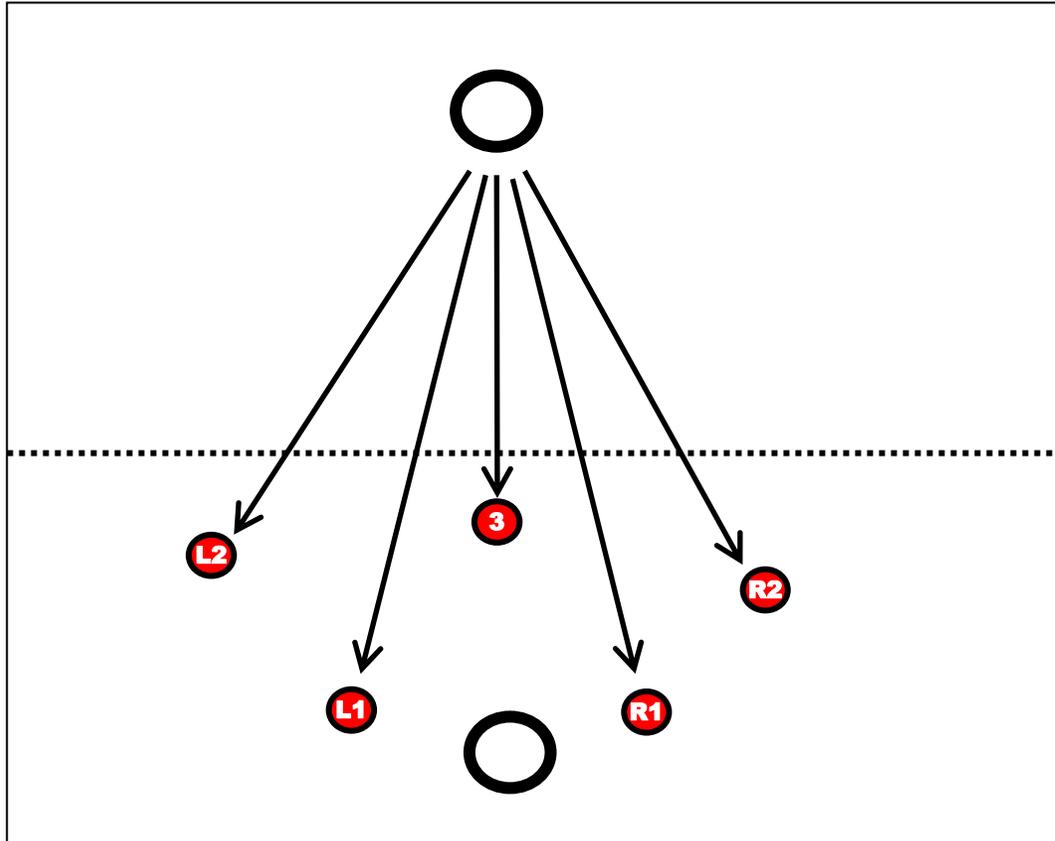
## #6) Exchange / Interchange

Picking is a huge part of box lacrosse. Because the tight space and the small cage, dodgers must dodge to the middle and get tight to the goal. The PICK SIDE is the side that the ball is on. The SCREEN SIDE is the side without the ball. The PICK SIDE is trying to PICK and DODGE and SCREEN SIDE players must OCCUPY their defenders so they can't slide. The Pick Side will run an **Exchange** and the Screen Side will run an **Interchange**.



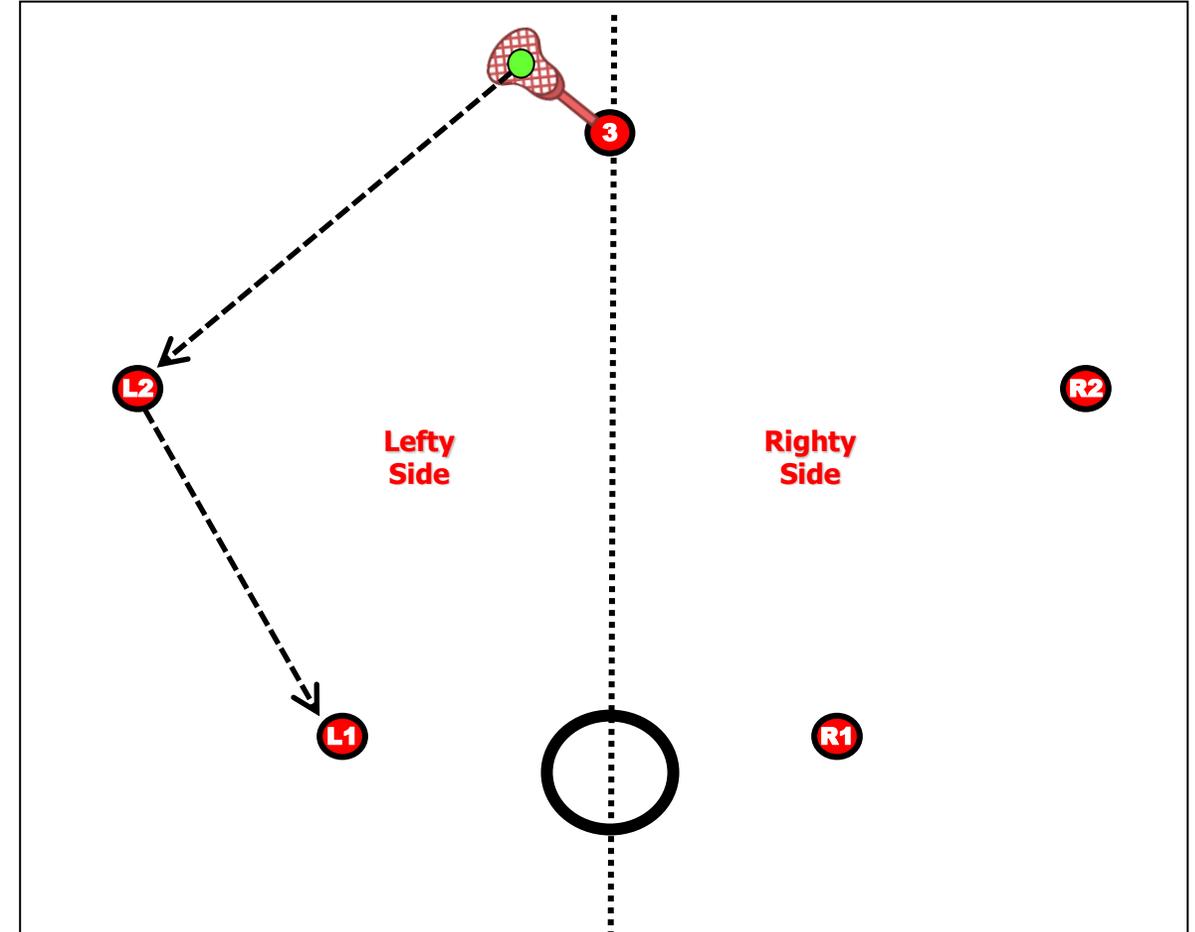
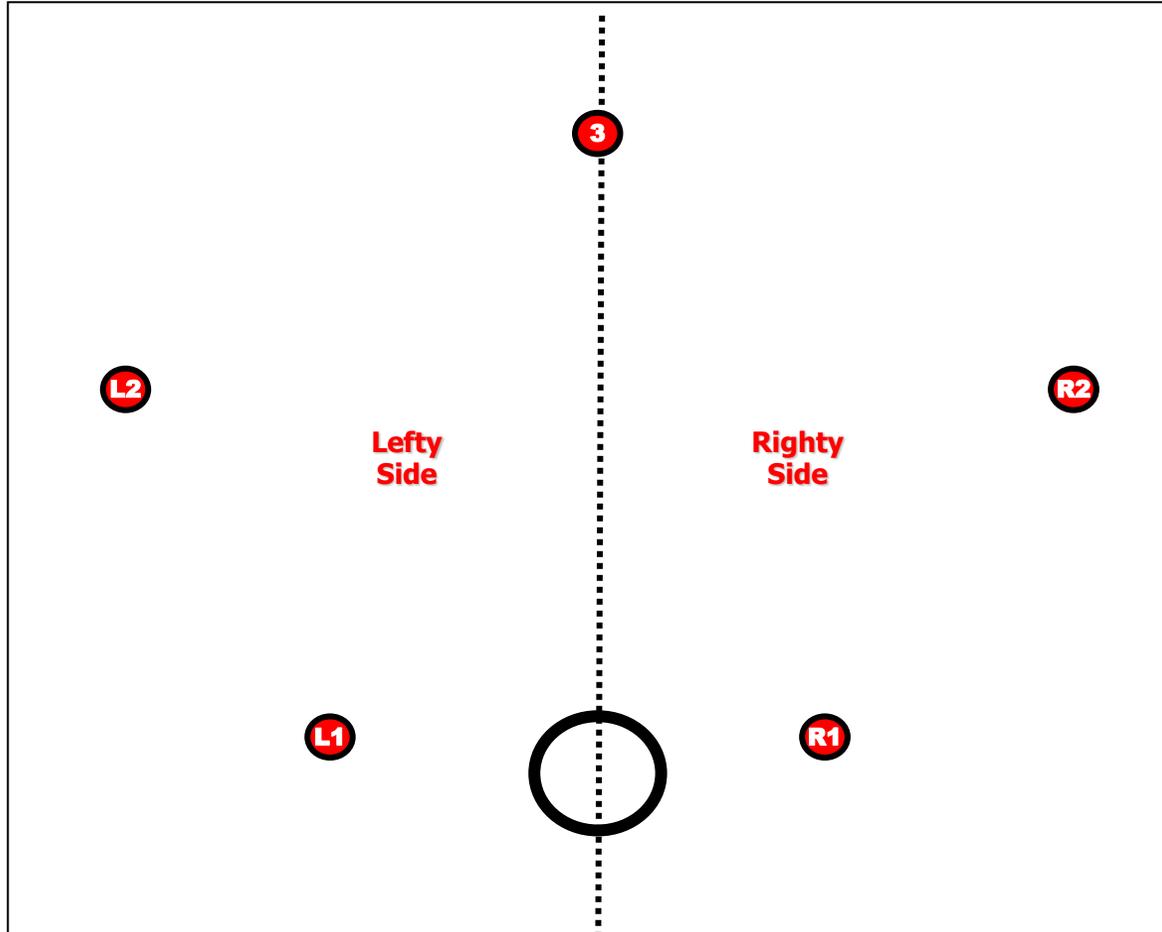
## #7) Leak and Build the house

- 1) Defense to Offense spacing and filling spots
- 2) Leak- sprint up the floor but able to be an outlet
- 3) Players LEAK and then get up the field into spots in order
- 4) Filling the low spots near the goal first, then mid boards then point
- 5) This is Building the House



## #8) Headman and get it Deep

- 1) The end product will allow us to HEADMAN the ball up the floor quickly
- 2) We want to get the ball “Deep” to one of the low crease guys as fast as possible



## #9) Defense

- 1) Recognize change of possession and get in, prevent “leaks” and check up
- 2) Cross checks are legal, also called a Push Check
- 3) Top hand on the plastic, bottom hand on the bottom, can use shaft to Jam offense
- 4) Cross Check is a check applied with the portion of the stick held between the hands
- 5) No one-handed checks
- 6) Approach the ball low with your helmet visor under offensive players chin
- 7) Approach and drive with force and power, force him where you want him
- 8) Defenders SHOW but do not SLIDE unless it is totally necessary
- 9) Everyone is on their own to play good on-ball defense
- 10) Sliding in indoor lacrosse creates more harm than good
- 11) Transition defense – do not slide up field and create a “dunk”
- 12) Stay Over, Stay Under, Double, Switch, Jump Switch, Fire out, Switch and Shut on picks
- 13) If stay – Fire out or Step in and Open up
- 14) Pressure Points – usually up top
- 15) Gap coverage – cut the space the picker has – stay tight
- 16) Do not allow picks to be set
- 17) Side picks = switch
- 18) Back picks = stay

## #10) Shot Clock

- 1) There is a 30 second shot clock in box lacrosse
- 2) The shot clock forces action
- 3) The shot clock forces creativity

## #11) Substitutions

- 1) “Leak” clear to score
- 2) “Subway” clear to sub

## #12) Practices

- IPT – individual practice time
- Controlled scrimmage
  - Add box schemes
  - Reenact scenarios
  - Skeleton to Live Play
  - Hippo
  - Can only shoot off a pass
  - Can only shoot after a pick
  - Can only shoot after two picks
  - Swing
  - Swing and Headman Drill
  - Low Alley to Low Alley

## Box Lacrosse Deliverables

Box Lacrosse features random outcome game play that produces higher quality live repetitions against a live opponent

Skill development especially passing, dodging, faking, shooting, off ball movement and reading the defense

Learn offense and defense by playing both offense and defense

Effective Picking and rolling off toward the goal

Proper Spacing and use of space

Schemes that help improve skill

Faking and reacting to fakes

Develop strong hand skills

Finessing the goalie

Playing physical

Mental edge

Fast and fun

Toughness

## Box Lacrosse

5 runners + 1 goalie

Played in rink

Ball hardly ever goes out of bounds

Big goalies & little goals

Looking for tight shots

Everyone plays offense and defense

Keep the stick in your strong hand all the time

Shot clock at all levels

Penalties are 2 minutes

Dodgers dodge to the middle, no alley dodges

## Field Lacrosse

3 attack, 3 middys, 3 defenders, 1 goalie

Played on a football size field

Ball goes out of bounds frequently

Small goalies & big goal

Looking for any shot

Specialized offensive and defensive players

Switch hands, use both hands

Shot clock in NCAA only

Penalties are 1 minutes or 30 seconds

Dodgers dodge all over

The logo for MESA, consisting of the letters M, E, S, and A in a bold, orange, sans-serif font. The letters are spaced out and have a slightly blocky appearance.